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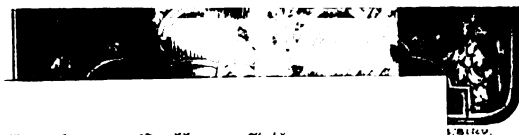
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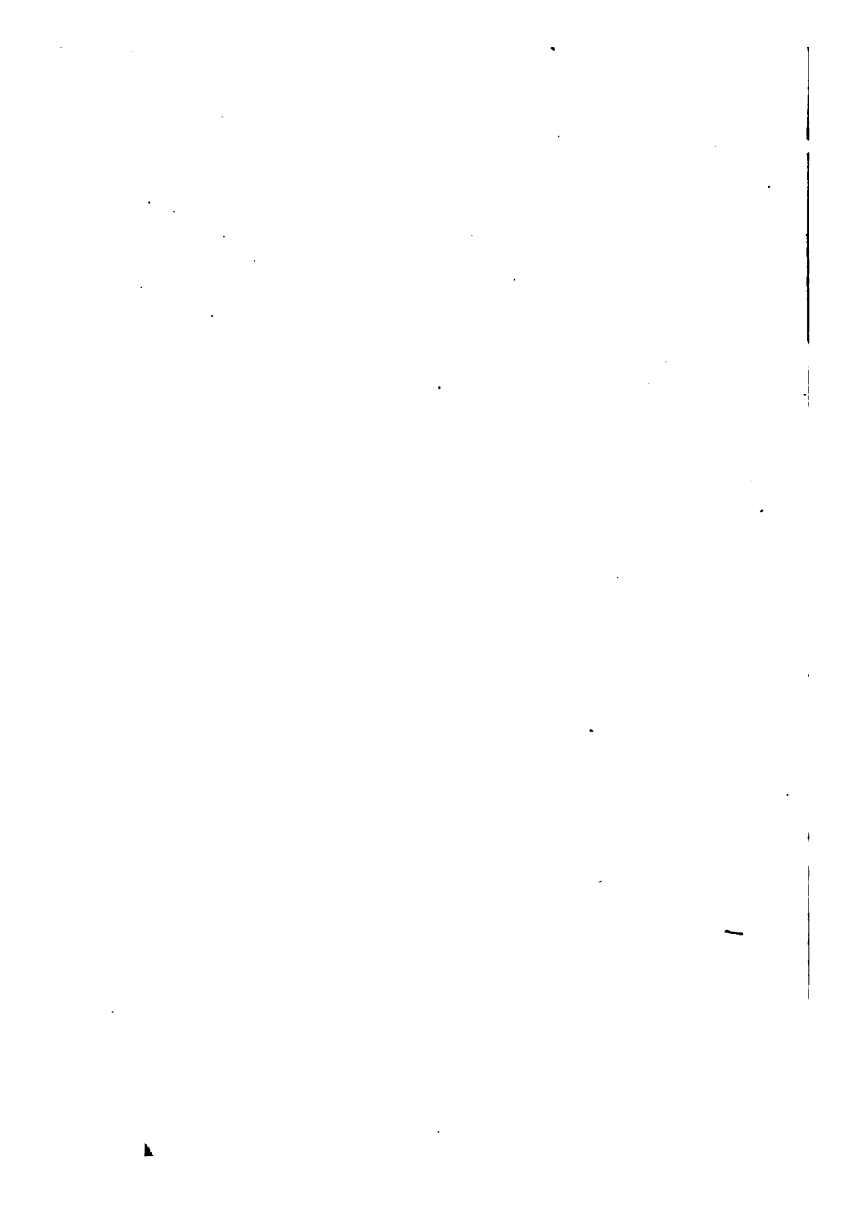
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THE BOOK OF
ENTRÉES

BY

THOMAS J. MURREY

*Author of "Fifty Soups," "Fifty Salads," "Breakfast
Dainties," "Puddings and Dainty Desserts,"
etc., etc.*



NEW YORK
WHITE, STOKES, & ALLEN
1886

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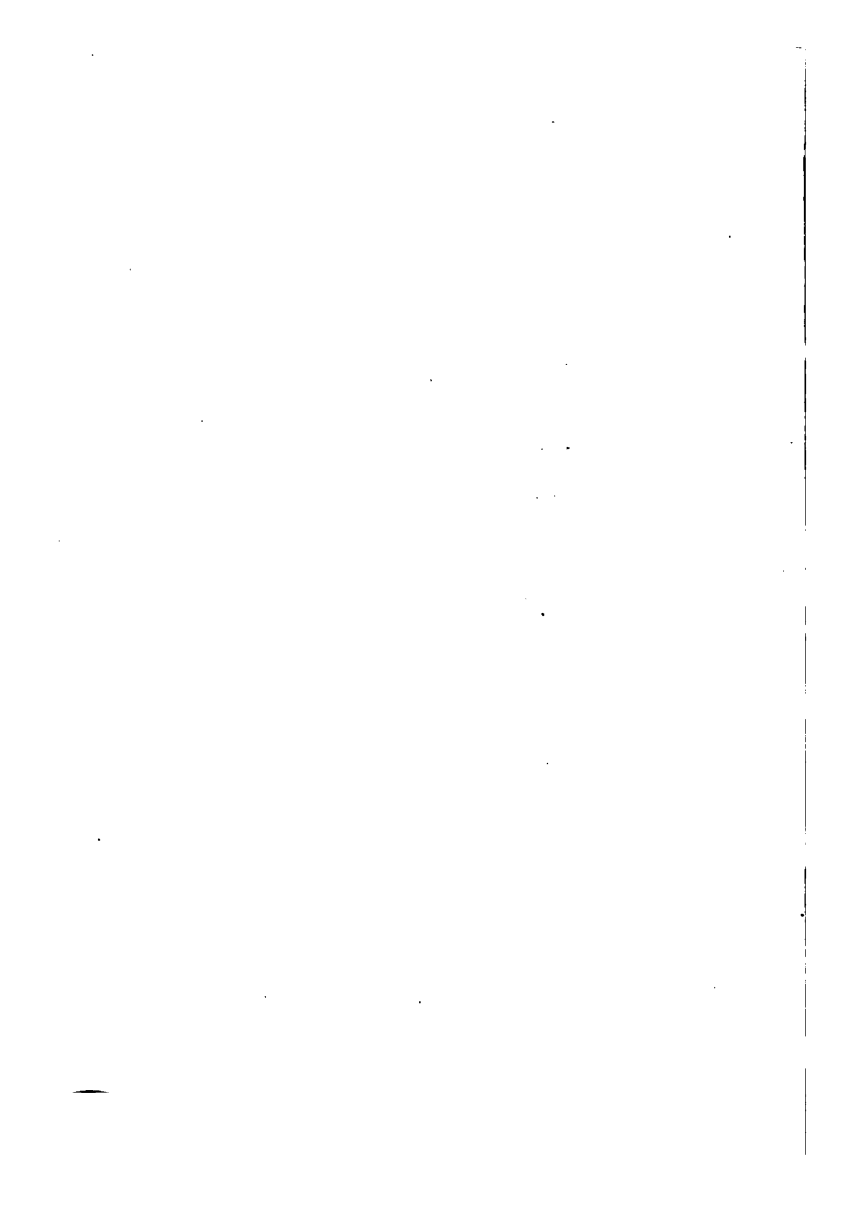
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REMARKS ON ENTRÉES.

ENTRÉES are the middle dishes of the feast, and not the principal course, as many suppose ; they are a series of dainty side dishes, in the preparation of which the cook demonstrates the extent of her capabilities. Should they be prepared in a careless, indifferent manner, they cloy the palate and prevent that much-abused organ from appreciating the more important dishes of the feast. They should not only be nicely prepared, but much care and ingenuity should be shown in the arraying of them on the platter. To prepare palate-pleasing entrées one must study to please the eye quite as much as the palate.

Many of the recipes in this little work may be served at breakfast and at lunch, while the shell-fish entrées will be found most appropriate for Lenten and fast day meals.



ENTRÉES OF SHELL-FISH, ETC.

Crab Croquettes.—Take one pound of crab meat, gently press out the juice and put it in a bowl, with a tablespoonful of fine crumbs, half a teaspoonful of salt, half a saltspoonful of pepper, a dash of anchovy essence, the yolks of two eggs, and a very little cold water. If the eggs are not enough to make it the proper consistency bind the ingredients together and place on ice until wanted ; then work into corks or cone-shaped forms, dip them in beaten egg, then in crumbs, and fry in hot fat.

Crab Patties, à la Bechamel.—Prepare the shells the same as for oyster patties (which see). Put into a saucepan half an ounce of butter, half a medium-sized onion minced, half a pound of minced raw veal, one small carrot shredded ; toss about for two minutes to fry but not to color ; add two tablespoonfuls of flour, stir it about with the vegetables, then add three pints of hot water, or if convenient use hot soup-stock instead ; add a pint of boiling cream. Season with half a teaspoonful of salt and a saltspoon-

ful of white pepper. Simmer one hour and strain into a saucepan. Add to each pint of sauce half a wine-glassful of cream. Simmer until reduced enough to coat a spoon ; strain it again into a crock and whisk it until cold, to prevent a thick top from forming. When wanted for patties, or anything else, boil one pint of it with an ounce of butter, whisking it thoroughly. Prepare a quart of solid crab meat, either picked from the shells or purchased already prepared ; add it to a pint of the sauce ; strew in a few shredded mushrooms ; fill the crab-shells with this, and serve. On fast days omit veal and stock from meats, and use milk instead.

[This very excellent sauce was named after the Marquis de Bechamel, a worthless court-lounger and steward under Louis XIV. Why his unsavory memory has been perpetuated by a gastronomic monument of worth, is one of those inexplicable historical facts that students of the art of cookery are continually stumbling upon. The close observer will not fail, however, to discover that nearly all dishes named after old French celebrities were stolen bodily from old Venetian and Provencal books of cookery, and were re-baptized after some of the most notorious profligates of the 17th and 18th centuries. Many

of these old cook books, like "Opusculum de Obsoniis de Honesta Voluptate," a volume printed at Venice, 1475 (the first cookery book published), and others, contain recipes almost identical with French cookery of the past few centuries.]

Crabs à l'Americaine.—Pick out the meat from the shells of four dozen boiled hard-shell crabs; squeeze out the water gently; put the meat in a bowl, and add the yolks of two raw eggs, salt, cayenne, and a very little chopped parsley, and two tablespoonfuls of bread crumbs; roll the mixture into small balls or cakes; dip in egg batter, roll in cracker-crumbs and fry to a delicate brown. They may be served plain or with tomato sauce.

Crabs, Deviled.—Pick out the meat of four dozen boiled hard-shell crabs, put it into a bowl and add a half-pint of mayonnaise. Mix carefully with your hand, wash a dozen of the shells, put a little of the mixture into each, grate a loaf of dry bread, season a pint of it with salt and pepper; sprinkle it over the crabs evenly; make twelve little balls of butter about the size of hickory-nuts; put one on top of each crab and bake in a quick oven.

Crayfish, Sauté, on Toast.—Boil the crayfish in the shell and when cold remove the meat from the tail, split it in two lengthwise and re-

move the thread-like intestine. Put in the frying-pan a teaspoonful of butter ; when hot, toss the crayfish in it until slightly brown ; add salt and pepper and a dash of walnut catsup. Just before serving sprinkle over prepared dry toast a very little sherry, then add the crayfish to the toast, and send to table with lemon quartered.

Curry of Lobster.—Remove the meat from two boiled lobsters, cut it into neat pieces, take all green fat and coral and set them aside, mix the green fat with a heaping spoonful of curry powder. Squeeze out the juice of three limes and add to it half a teaspoonful of powdered sugar. Put into a frying-pan an ounce of butter ; when creamed add a teaspoonful of minced onion browned a little ; now add the mixed curry powder, dissolve a teaspoonful of rice flour in cold water, add this to a pint of hot water or soup-stock, simmer until thick, now add the lobster and simmer twenty minutes longer. Wash and dry the coral, separate it. Prepare a border of rice on a dish and over it sprinkle the coral and eggs (if any), pour the curry in the centre, and serve.

Outlet of Lobster, Tomato Sauce.—Mince the meat of a one-pound can of lobster ; add to it the yolks of two eggs, half a teaspoonful of

salt, a saltspoonful of white pepper, two ounces of butter, and a tablespoonful of grated bread crumbs. Mix and shape the mixture in the form of cutlets ; dip them in beaten egg, roll them in crumbs and fry in very hot fat. Stick a two-inch piece of macaroni in the small end, put a fancy paper on it and send to table with tomato sauce. (See page 72 for Tomato Sauce)

Green Turtle Steak, Epicurean.—Raw turtle steaks may be had at any first-class restaurant, and occasionally at the fish-stands. It is not advantageous for small families to purchase whole turtles, or rather tortoises, for soup and steaks. Trim away the thigh-bone, and flatten the meat in the form of a steak. Melt two ounces of butter in a chafing-dish ; when very hot, add a teaspoonful of Worcestershire sauce, a tablespoonful of currant jelly, a gill of port wine, and a little salt. Stew the steak in this until tender, and serve from the chafing-dish.

Lobster Croquettes, with Peas.—Boil one-half pint of milk, thicken it with a tablespoonful of flour and let it become cold. Mince the meat of a one-pound can of lobster, or one pound of fresh lobster ; when very fine, add a saltspoonful of salt and half a saltspoonful of white pepper. Moisten the lobster mince with

the thickened milk and work the whole to a paste ; add very little bread-crumb if too thin ; let it become amalgamated over the range and place in the ice-box until wanted ; then shape it into neat rolls or cones ; dip them in egg and crumbs and fry in plenty of hot fat. Arrange the forms neatly on a dish, put round them a border of peas, and serve.

Lobsters en Brochette.—Instead of boiling the lobster tails, cut them in pieces, and arrange these on small skewers, alternated with small pieces of bacon ; brush melted butter over them, and either broil or bake them ; serve with *sauce tartare* (which see on page 52).

Oyster and Canned Salmon Pie.—One pound of best canned salmon, one pint of solid oysters, half a pint of oyster liquid ; cover the bottom of the dish with neat pieces of the salmon, season with salt and pepper and an ounce of butter rolled in flour, add a few oysters and so on until the ingredients are used. Pour in the liquid of both, and cover the top with paste. Bake in a moderate oven. There should be liquid enough to have the ingredients moist when served.

Oyster Patties.—Roll out a pound of light puff-paste, half an inch in thickness ; cut it into rounds with a cake-cutter two inches in dia-

meter ; press a small cutter, one inch in diameter, on each round, one-fourth of an inch deep. Place them on a buttered tin, brush a little beaten egg over them, and bake in a quick oven. When done, remove the center and a little of the inside. Scald or, as it is called, blanch three dozen oysters ; drain. Put into a saucepan two ounces of butter, whisk it to a cream ; add a teaspoonful of flour, stir free from lumps ; add a heaping saltspoonful of salt, and a pepperspoonful of white pepper ; whisk into it half a pint each of hot cream and the oyster liquor ; allow it to simmer a few minutes and to thicken ; then add the oysters and a "squeeze" of lemon juice ; when hot fill the shells, and serve. If nutmeg is not objected to, a little may be used.

Oysters à la Poulette.—Blanch [scald] a dozen oysters in their own liquor ; drain them and add to the liquor, salt, half an ounce of butter, the juice of half a lemon, a gill of cream and a teaspoonful of dissolved flour. Beat the yolk of one egg and add to the sauce. Stir until the sauce thickens, place the oysters on a hot dish, pour the sauce over them, add a very little chopped parsley, and serve.

Pie of Oysters and Scallops.—Take one pint of fresh scallops and wash them in cold

water ; drain, and dry them in a napkin. Cut a few slices of fat bacon in strips small enough to insert the ends in a larding-needle ; lard the scallops with them, and dredge them slightly with flour. Select one quart of fat oysters ; line a baking-dish with puff-paste ; add the scallops and oysters in layers ; season with salt, pepper, and a dash of mace. Divide an ounce of butter into little balls, roll them in flour, and put them between the layers ; add the oyster liquor. Cover with a top crust ; bake forty minutes in a moderate oven.

Prawns, Deviled, en Coquille.—Simmer a quart of prawns fifteen minutes in water flavored with a little sharp vinegar, drain and cut them very fine. Add two ounces of butter, a gill of water, salt and pepper, the yolks of two eggs and bread-crumbs to absorb the moisture. Mix to a paste. Partly fill the shells, cover with crumbs, add a small pat of butter to each and bake to a delicate brown.

Prawns, Sauté, à la Marengo.—Wash one pint of "shelled" prawns, simmer them twenty minutes, drain and toss them a moment in a little hot olive oil ; remove them, add a sprig of parsley, half a dozen button mushrooms, a gill of hot water, salt and pepper, and thicken with a little flour. Put the prawns on a dish,

pour the sauce over them, garnish with fried eggs and slices of tomatoes fried.

Scalloped Oysters.—Put in the bottom of a yellow dish two ounces of sweet butter, divided into little pieces. Add a layer of raw oysters and cover them with cracker-dust or bread crumbs and add salt and pepper to taste ; another layer of oysters, and so on, until the dish is full, the last or top layer to be crumbs, and between each layer there should be a small amount of butter. Moisten the ingredients with a liberal quantity of oyster liquid, put small butter balls on top of the dish and bake a delicate brown color. Oysters were formerly baked in a scalloped or shell-shaped dish, hence the name.

Small Patties of Scallops.—Wash a pint of scallops, drain, cut them up, and scald them ; then put them in just milk enough to prevent burning. Add salt and white pepper, simmer until quite tender, and thicken with half a teaspoonful of flour dissolved in cold water. Pour this mixture in small patty-shells (see recipe for Oyster Patties), and serve after the soup and before the fish, or as an entrée.

Soft-Shell Clams, Scalloped.—Purchase a dozen large soft clams in the shell and three dozen opened clams. Ask the dealer to open the first dozen, care being used not to injure

the shells, which are to be used in cooking the clams. Clean the shells well and put two soft clams on each half shell ; add to each a dash of white pepper and half a teaspoonful of minced celery. Cut a slice of fat bacon into the smallest dice, add four of these to each shell, strew over the top a thin layer of cracker dust ; place a pat of table butter on top, and bake in the oven until brown. They are delightful when properly prepared.

Stewed Lobster, à la Creole.—Remove the tail part of the meat from three green lobsters ; split them in two lengthwise ; remove the thread-like intestine. Melt an ounce of butter in a deep frying-pan ; add the lobster ; toss it for a few minutes in the butter, add salt and pepper and half a pint of hot water ; cover and simmer three-quarters of an hour, drain and reduce the water one-half by rapid boiling. Put in a saucepan half an ounce of butter and a tablespoonful of minced onion ; fry brown and add three peeled and sliced tomatoes, one sweet pepper, four okra pods cut small, and half a teaspoonful of salt. Allow these to cook fifteen minutes, add the broth, and simmer until reduced to a pulp ; rub through a sieve, put this purée on a hot dish, place the lobster on top, add a little lemon juice, and serve.

Stewed Terrapin.—Of the numerous ways and styles of preparing terrapin I prefer this one. Select two six-and-a-half to seven-inch terrapins ; plunge them in boiling water for five minutes ; take them out, and, when cool, rub off the skin found on the legs and neck ; remove the under-shell carefully ; next, remove the liver, cut off the gall-bag from it and throw it away, for the bursting of the bag would spoil the whole dish. The other parts to be rejected are the claws, head, and sad-bag ; the remainder should be cut into neat-sized pieces. Put these in a stew-pan or chafing-dish and stew long enough to become tender—about one-half to three-quarters of an hour. Now put in a chafing-dish a pat of butter rolled in a little flour, a dash of cayenne, a gill of sherry, two drops of soy, and a saltspoonful of salt. When hot beat it with a fork, and add the terrapin, and eggs if there are any. The creamy sauce so universally met with consists of a combination of cream, butter, and eggs, which is very nice for those who like that sort of thing.

Vol-au-Vent of Shrimps and Oysters.—This term is applied to a delicate pie made of the lightest kind of puff-paste, which is cut in a round or oval form and baked. It rises a few

22 VOL-AU-VENT OF SHRIMPS AND OYSTERS.

inches in the process of baking and is afterward made into a case by scooping out the center, after which it is returned to the oven a few moments to dry the inside. The case thus formed is then filled with a nicely prepared mince, fricassee or compound to suit the taste. For that under consideration, sift one pound of flour, make a hole in the center and add two-thirds of a teaspoonful of salt ; mix gradually with it a gill and a half of ice-water. Before working to a paste add, in very small quantities at a time, a gill more of water. Dredge the rolling-pin and board with flour, and roll out the paste. Wash one pound of butter in ice-water to free it from salt, then squeeze out all moisture ; lay the butter on the paste, flatten it out gently, fold the paste over the butter and pat it evenly to form a square, roll it lightly from you as far as the arms will reach, then fold over one-third and fold the other third over this, roll out again and so on six times, resting a few minutes between each turn. Finally roll it out to an inch in thickness. Place a plate, or any other round or oval form of the size required, upon the paste and cut around it with a plain or fluted knife previously dipped in hot water. Turn the form over on a baking-tin ; brush over the top only with egg. Make

an incision half an inch deep and within an inch of the edge all round the form. Put the form of paste in the oven, and bake three-quarters of an hour. When done remove the cover, which should have risen evenly, scoop out the soft paste in the center, and brush egg over the inside walls and return it to the oven a few minutes longer, when it will be ready to receive the following :

Beat three ounces of floured butter to a cream over a moderate fire. Beat up the yolks of two eggs with half a pint of cream, add salt and pepper, whisk it into the butter, add the juice of half a lemon and set it aside to keep warm. Scald twenty-five oysters a moment and drain them. Take a one-pound can of shrimps, scald and drain them. Arrange them alternately in the prepared vol-au-vent case, pour the sauce over them, and serve.

ENTRÉES OF POULTRY AND GAME.

Chicken Braisé, with New Carrots.—Divide the chicken at the joints, remove the skin and refuse. Mince a small onion quite fine

and fry it brown ; add a gill of gravy and then add the chicken ; toss it about in this a few moments and add a slice of ham or strip of bacon, six young carrots, salt, pepper, and a pinch of powdered herbs ; cover and simmer an hour and a half ; remove the chicken, add half a pint of rich gravy or stock to the dish and a slice of lemon ; simmer half an hour, strain, thicken, and pour over the chicken. Arrange a border of whole young carrots, boiled, around the dish, and serve.

Chicken Curry.—Fine-grained poultry do not make good curry, as the curry powder is unable to permeate the centre of the flesh. A coarse-grained bird will be found the best for this purpose. Boil the chicken in the usual manner, saving the broth. When cold cut it neatly, and rub the curry powder into the meat. Cut up one large sour apple and half an onion, fry these in butter ; add the meat, toss it about a moment, and add half a pint of the chicken broth and a tablespoonful of chutney, simmer until thoroughly amalgamated and serve with rice or shredded maize. A little sugar is an improvement and may thicken the sauce, but I like it without flour.

Chicken Fricassee, with Mushrooms.—Take a dry-picked chicken, separate the joints,

cut each joint into pieces, remove the skin. Put the pieces into a saucepan with one onion, salt and pepper, and a few soup herbs, and water enough to cover them ; simmer gently three-quarters of an hour, remove scum as it arises ; when the chicken is quite tender remove it, strain the liquid. Put into a saucepan an ounce of butter, heat it, and whisk it thoroughly ; thicken a cupful of the broth with a teaspoonful of flour, add it to the butter ; do not let it boil, whisk it well, add gradually half the quantity of broth, draw the pan from the fire. Beat up the yolks of two eggs with a little cream, and add it to the remaining warm broth. Now add this to the sauce containing the butter, let stand a moment on back of range while you cut up a dozen button mushrooms, add these to the sauce, now add the chicken, and, when all is quite warm, serve.

Chicken Fricassee, with Peas.—Select a dry-picked young fowl ; cut into joints, remove the skin, rinse in warm water, dip into cold water, drain, and dredge with flour. Put them in a warm saucepan and cover with hot water ; add salt and pepper, a sprig of parsley, and a piece of lemon peel, simmer two hours and remove the chicken. Beat up the yolk of one egg with a gill of cream, add it to the warm sauce.

and whisk thoroughly. Arrange the chicken on a dish, pour the sauce over it, add as a border a quantity of hot, fresh or canned peas, and serve.

Chicken Hash on Rice Toast.—This is an excellent way for using the remains of poultry. Trim the meat from the bones, remove the skin, and cut the meat fine, put in a pan ; add a little water to moisten it, add salt and white pepper. When the water is evaporated, arrange the chicken neatly on rice toast, and if desired a poached egg may be placed on top. Prepare the rice as follows : Boil the rice the night before, pour it into a yellow dish and place it in the ice-box with a weight upon it. The next morning cut it in half-inch slices, brush a little butter over them ; place the slices between the double broiler and toast to a delicate brown ; pour a little melted butter over them, add salt and pepper and the juice of an orange.

Chicken Patties.—Roll out a pound of light puff-paste, half an inch in thickness ; cut it into rounds with a cake-cutter two inches in diameter ; press a small cutter, one inch in diameter, on each round, one-fourth of an inch deep. Place them on a buttered tin, brush a little beaten egg over them, and bake in a quick oven. When done remove the centre and a

little of the inside. Cut up the white meat of a cold chicken into neat small pieces. Put into a saucepan half a pint each of clear chicken broth and cream, one ounce of butter in small pieces that have been rolled in flour, salt and pepper, and a very little nutmeg. Place the saucepan on the range where it will simmer nearly to boiling point ; then remove and let it cool a few minutes ; beat up the yolks of two eggs with a half-teaspoonful of flour moistened with cold milk ; add to the saucepan, and place near the fire until it thickens, then add the chicken ; heat it through ; fill the patty-shells neatly with the mixture, and serve.

Chicken, Sauté, Sauce Bordelaise.—Singe, draw, and disjoint a medium-sized chicken; put into a large frying-pan an ounce of butter, add the chicken, toss the pieces about and turn them so they will cook evenly ; add salt and pepper; allow twenty-five minutes for cooking, then arrange neatly on a hot dish, and serve with a sauce Bordelaise. (*See page 32.*)

Curry of Venison.—Cold roast venison makes a very good breakfast curry, as the meat is invariably tender and very digestible. Put in a frying-pan, in a teaspoonful of butter, half a teaspoonful of dry flour and brown slightly. Add a clove of garlic and a tablespoonful of

minced apple, half a teaspoonful of curry powder, and half a pint of hot water, soup-stock, or venison gravy from the roast of the day before. Simmer and set on the back of the range. Cut the meat in neat pieces, add it to the sauce, and when quite hot send to table. Before serving add the juice of an orange.

Duckling Pot Roast.—This is a very good way to cook this very acceptable bird. Put into a shallow crock a thin strip of bacon and a tablespoonful of mixed whole spice. Clean and truss two ducklings, put them in a crock, and add hot water or soup-stock enough to come up half-way on the birds. Then add a sprig of celery and two of parsley; place a narrow strip of bacon over each bird; cover close and set the crock in a moderate oven, where the birds will cook slowly two hours. Remove the ducklings, strain the sauce, and reduce it one-third by boiling; add a gill of dark wine; thicken with a dash of brown flour; simmer fifteen minutes; add a teaspoonful of lemon juice, and serve with the duck. A small quantity of the sauce may be boiled down until thick as cream—this is called glaze—it is brushed over the bird before serving.

Fried Chicken, Cream Sauce.—Select a spring chicken, clean it nicely, and divide it in-

to four pieces. Put two ounces of butter in a frying-pan, and when hot add the chicken, which should have been seasoned with salt and pepper, and rolled in, or rather dredged with, flour. Fry the chicken to a golden brown; arrange the pieces neatly on a dish, pour the following sauce round them, and serve : Dissolve a tablespoonful of flour in a gill of cold milk, and add to it half a pint of lukewarm milk. Slightly melt an ounce of butter ; add a little salt and pepper ; whisk the milk into the butter, and when thick serve with the chicken.

Goslings à la Chasseur.—Singe the bird clean, and quarter it. Let it stand in a bath, or marinade, of wine and spices four hours, drain, melt a little butter in a pan, and when very hot toss the pieces in it until partly cooked. Add half a pint of hot water, or, if possible, clear soup ; cover and simmer an hour ; add a few spoonfuls of the marinade and a teaspoonful of onion vinegar ; remove the bird, skin off all fat, add a little sherry to the sauce—say about half a gill—thicken the sauce with half a teaspoonful of browned flavor, pour it over the bird, and serve.

Minced Turkey with Poached Egg.—A very appetizing dish is made of cold boiled or roast turkey. Trim off all skin and most of the

fat, especially that on the back ; pick out the little tidbits in the recesses. Cut off all that will not look neat when sliced cold. Season with salt and pepper and a tablespoonful or two of minced celery, chop up the meat, put it in a pan with a little butter or turkey fat, to prevent burning, and just a suspicion of onion. Moisten with a little broth made from the turkey bones. Poach one or two eggs for each person ; arrange the minced meat neatly on slices of buttered toast, place the egg on top, and serve. The above mode of preparing a breakfast-dish is not only economical, but produces one of the most delightful dishes that can be made. Almost any kind of boiled or roast meats and poultry or game can be utilized in this way.

Rabbit Curry.—Select two fine rabbits, cut them into neat pieces, put in an earthen crock a thin slice of bacon, add a few pieces of rabbit, sprinkle over it a little curry powder, salt, fresh grated cocoanut, and a dozen raisins ; put in another layer of rabbit, and season it as the first layer ; repeat until the rabbit is all used, and you have also used the juice and meat of one fresh or half a pound of dry cocoanut. Moisten the whole with a mild Catawba or Rhine wine, let this stand twenty-four hours, then place the crock in a pot of water and let it

simmer two hours, keeping it well covered. When done serve it on a flat dish, and serve rice separately.

Reed Birds à la Clement.—Mr. H. G. Clement, a Philadelphia epicure of no mean repute, prepares reed birds as follows : Remove heads and entrails, and clean the birds nicely, and put a large oyster inside each bird. Select a few good-sized sweet or Irish potatoes ; cut them in two crosswise, dig out part of the insides, and put a bird between the two pieces of each potato ; press together, tie them firmly, and bake thirty minutes. When done, remove the string and re-tie them with neat, narrow, white ribbon or tape.

Salmi of Venison, Port Wine Sauce.—Put in a frying-pan a tablespoonful of butter and a teaspoonful of dry flour ; when brown add a gill of hot water, a clove of garlic, a saltspoonful of salt, a dash of cayenne and enough ground nutmeg to be perceptible to the taste when the sauce is completed. Simmer five minutes and add half a pint of port wine. Strain the sauce and keep it warm. If cold roast venison is to be used, cut it up and add it to the sauce ; if raw venison is to be used, cut it in neat pieces, fry them slightly, then let them simmer in a little stock for half an hour, drain and add to

the sauce. The liquid may be used to form the basis of the sauce if desired. Before serving, squeeze over the dish the juice of an orange.

Sauce Bordelaise.—Put a tablespoonful of chopped white onions into a hot saucepan with a little butter, white pepper and salt, and half a pint of white wine ; reduce it, by boiling, to a quarter of a pint, then add nearly a pint of sauce Espagnole, or dark, thick beef gravy; boil a few moments, add a teaspoonful of chopped parsley and half a tablespoonful of chopped capers ; mix together, and serve.

Spring Chicken, Hungarian Style.—Dis-joint a four pound chicken ; put it in a stew-pan with a quart of lukewarm water, half a teaspoonful of salt, a teaspoonful of paprika, a blade of mace, and half a teaspoonful of wet flour ; simmer slowly two hours and a half. Paprika Hungarian red pepper made from the sweet pepper, it is very mild and pleasant to the taste and is highly recommended for dyspeptics or those troubled with a torpid liver. It may be procured from wholesale spice dealers and first-class Hungarian restaurants.

Squabs, Sauté, à la Marengo.—Split the squabs in two and fry them in a little olive oil ; when a good color and nearly done, add a sprig or two of parsley, a peppertspoonful of

pepper and six button mushrooms, sliced ; remove the squabs, add a gill of gravy or soup, thicken with a teaspoonful of flour, and pour it around the squabs, garnish with eggs fried on both sides, and serve.

[Marengo, (Italy), was where the French army, commanded by Bonaparte, attacked the Austrians, June 14th, 1800. His army was retreating, when the arrival of General Desaix turned the fortunes of the day. By a treaty between the Austrian General, Melas, and Bonaparte, signed June 15th, the latter obtained twelve strong fortresses, and became master of Italy. An impromptu dish prepared after the battle, and improved upon by Bonaparte's cook upon his return to Paris, was baptized "à la Marengo."]

Squirrel Pot-pie, Hunters' style.—Skin each squirrel by cutting a slit down the inside of the hind legs first ; loosen the skin down to the tail from the hind quarters, and cut off the tail from the body, but not from the skin. Now take a firm hold of the body with the left hand and draw the skin over the head with the right. Cut the skin free from the nose, and while it is fresh draw it over a wedge-shaped shingle to dry. Remove the heads and entrails, and wash the squirrels in cold water ; drain and quarter

them. Put into an earthen crock two large strips of bacon ; add four squirrels quartered. Put in with them half a bay-leaf, a dozen whole pepper-corns bruised, six bruised juniper-berries, two cloves of garlic—or, if they are not at hand, a sliced onion will answer—half a pint of wine vinegar, or a pint of ordinary claret or Rhine wine. Add just water enough to cover the meat, and let all stand forty-eight hours. Cover the crock and put it in a saucepan of warm water, and simmer two hours. Then add a liberal number of dumplings, and, if there is not liquid enough, add a little more hot water to the dish. Simmer half an hour longer, finally add the juice of an orange, and serve.

A squirrel pie is made by preparing the meat in a marinade as above, then par-boiling the whole half an hour and afterwards placing it in an earthen dish with dumplings. A top crust is then added, and the dish is baked in a moderate oven. A pie made of squirrels and oysters is a very appetizing dish.

[I have mentioned such seasoning as naturally harmonizes with the peculiar flavor of squirrel, but individual tastes should be considered when preparing this dish. One of the pleasant culinary recollections of last season was “stewed

squirrel, Hungarian style"—*i. e.*, prepared with the condiment known as Paprika, which is a variety of pepper made from the sweet Spanish pepper. A disputed point in the cooking of squirrel is whether or no the head should be used. Our opinion is that it should not be served when there are ladies at table, as it does not present an appetizing appearance. "Stag parties" prefer it.]

ENTRÉES OF SWEETBREADS.

Sweetbread Croquettes with Peas.—Boil four sweetbreads, chop them very fine and pound them to a paste, season with salt and pepper and add the yolks of two eggs, two ounces of butter and a tablespoonful of cracker crumbs; moisten with a gill of cream, roll into balls or cork-shape forms, dip these in beaten egg; roll in crumbs; repeat the last process and fry in boiling fat. Arrange a border of green peas around them, and serve.

Sweetbreads à la Milanaise.—Clean and par-boil the sweetbreads, then cut them in slices, dip them in melted butter, roll them in grated Parmesan cheese, then dip them in beaten egg, roll in bread-crumbs, and fry in hot fat. Serve with tomato sauce, and garnish with slices of lemon.

Sweetbreads à la Perigord.—Select four fine sweetbreads, prepare them (as per recipe for Sweetbreads, Larded), and lard them if desirable ; strain the sauce, add to it a gill of sauce Espagnole or dark rich gravy, a glass of wine, a can of mushrooms and four large truffles sliced. Simmer the sauce, taste for seasoning, put the sweetbreads on a hot dish, surround them with the sauce, and serve.

Sweetbreads, Braisé, with Sorrel.—Wash four sweetbreads thoroughly, par-boil, and when cool, remove all skin, sinews, and ragged edges. Put into a braising pan a slice of fat bacon, a gill of gravy, a little fresh herbs, salt and pepper, and very little onion ; add the four sweetbreads (which may be larded or not). Cover the pan and simmer an hour ; add a gill of clear soup, and simmer half an hour ; remove the sweetbreads, strain the gravy and simmer it until quite thick ; put the sweet-

bread on a hot dish, pour the sauce over them and surround them with a purée of sorrel.

Sweetbreads en Brochette.—A very good way of serving this most excellent dainty. Small sweetbreads are just as good as the larger ones, and being very much cheaper are recommended for made dishes. Before using them, always par-boil them in hot water a few moments, skin and trim them neatly. Then they are ready for cooking. To cook them “en brochette,” cut them in neat slices, which arrange alternately with bacon on a wooden or metal skewer, brush a little butter over them, broil, and serve on toast.

Sweetbreads, Larded, with Peas.—Select six sweetbreads of equal size, wash them well, and par-boil them in water slightly salted ; trim off all the ragged edges, remove the skin and sinews and put them on ice until wanted. Take half a pound of clear, larding pork and cut it into strips three inches long and an eighth of an inch square, insert one at a time, in the larding needle ; firmly press the needle together to hold the strip of pork, and insert the needle in the upper part of each sweetbread, say a quarter of an inch deep, force it through and let it protrude on the opposite side of the surface, within a quarter of an inch of the edge ; draw

the strip of pork through, so as to have nearly half an inch of each end of it sticking out. Proceed in this manner until the surface has two even rows of ends. Put the sweetbreads in a pan, add a pint of well-seasoned soup-stock or gravy, add salt, six whole pepper-corns, a sprig of parsley and soup celery, and a bit of whole mace. Cover, and simmer an hour and a half, remove the sweetbreads, strain the sauce and boil it down one-half ; if not thick, add a little browned flour and a tablespoonful of sherry. Brush part of the thick sauce over the sweetbreads and set them in the oven a moment to brown, then put them on a hot dish, surrounded with green peas, and serve the remainder of the sauce in a boat. Should there not be sauce enough, thin it out with stock or gravy.

Sweetbreads, Macédoine.—Wash, scald, or par-boil two sweetbreads ; trim and skin them ; cover with boiling water, slightly salted ; add half a teaspoonful of mixed spices and a tablespoonful of vinegar ; simmer three-quarters of an hour, and drain. Put them on a hot dish, brush a little beef extract or reduced beef or veal soup over them ; arrange a border of macedoine round them, and serve. Macédoine, or prepared mixed vegetables, may be had at the grocer's, is more satisfactory than if prepared

at home, and is all ready to serve after heating a moment.

ENTRÉES OF VEGETABLES.

Artichokes, Stuffed.—Trim and wash four artichokes ; remove the “choke” found in the center ; make a stuffing of bread-crumbs nicely seasoned with a preparation made as follows : Mince half a pound of ham, warm it, and add a dozen canned mushrooms chopped fine, a teaspoonful of chopped parsley, a few blades of chives, salt, and pepper. Add the crumbs, and moisten with clear soup or hot water ; work all to a paste, and fill the artichokes with it. Tie each artichoke neatly ; put them in a pan with a little butter, to prevent burning, and a pint of clear soup ; cover the pan, and let them steam in their own vapors until tender.

The artichoke has been used as a vegetable over 300 years. The flower-heads in their immature state contain the thick, flushy part called artichoke bottoms, which is the part most highly

prized ; the lower parts of the thick, imbricated scales are also eaten.

The blue flower of the artichoke, either fresh or dried, turns milk into an excellent curd for cheese.

Baked Tomatoes.—Cut a thin slice off the top of each of four medium-sized tomatoes, sprinkle over them a little salt, cayenne, and very little cracker-crumbs. Add a small square of butter and bake a delicate brown on top. Tomatoes prepared in this way are very nice for those who dislike the trouble of preparing stuffed tomatoes.

Cauliflower, au Parmesan.—Boil a head of cauliflower, in water slightly salted, fifteen minutes ; while boiling put an ounce of butter, a tablespoonful of flour, and a pint of water into a saucepan ; whisk, and simmer ten minutes ; add half an ounce grated Parmesan cheese, and boil a little longer ; cut the cauliflower into neat pieces, put them in a deep dish, add salt and pepper, and the sauce ; sprinkle over it a thick layer of Parmesan cheese, and finally add a pat of butter ; bake in a quick oven, and send to table in the same dish in which it was cooked.

Cauliflower, Tomato Sauce.—Trim a head of cauliflower neatly, and let it stand in salted water head downwards three-quarters of an

hour. Then put it in slightly salted fast boiling water and boil just long enough for it to be cooked, but not mushy when pressed between the fingers. Test it with a long needle. After twelve minutes' boiling remove the scum that arises or it will discolor the cauliflower. Let it drain a moment. Put in the centre of a dish a liberal quantity of well made hot tomato sauce (which see, page 70), add the cauliflower, and serve as a separate course.

Celery, Braisé, with Gravy.—Take six heads of table celery, trim off the green tops, and cut off most of the root end; simmer in hot water five minutes; put them in a stew-pan with enough thick, brown gravy to cover them; add a tablespoonful of sherry, simmer ten minutes, and serve.

Celery Croquettes.—Mince the white part of the celery and mix well with an equal quantity of bread-crumbs; to a quart of the mixture add the yolk of two eggs, a heaping saltspoonful of salt, and a pinch of cayenne; moisten with a little milk if the moisture from the celery is not sufficient. Shape in cones, dip in egg and crumbs, and fry in a liberal quantity of fat.

Field Mushrooms on Toast.—In the autumn the field mushrooms may be had in profusion and at low prices. Care should be exercised in

selecting them. Reject very large ones, especially if the under gills be a dead black and have traces of decay, or are worm-eaten. The small, fresh-looking ones with pink ribs are the ones to eat and enjoy. Peel the tops carefully; melt an ounce of butter in the frying-pan and fry in it half a pound of raw minced steak; add two saltspoonfuls of salt, a pinch of cayenne, and a gill of hot water; fry until the juices are extracted from the meat; tilt the pan and squeeze the meat with the back of the spoon until there is nothing left but dry meat, then remove it; add the mushrooms to the liquid, and if there is not enough of it add more butter; toss them about for a moment, and pour out on hot toast.

Kohl-Rabi, à la Crème.—This excellent vegetable is seldom seen on the tables of Americans, as they know but little of its superb qualities. In taste it much resembles the cauliflower. The name is German, and is derived from *kohl*, meaning cabbage, and *rabe*, meaning rape. The stem just above the surface of the ground swells into a round, fleshy bulb, in form not unlike the turnip. Peel them as turnips, quarter them and then cut them in thin slices, boil in water slightly salted. Dissolve an ounce of butter, add to it a little flour, salt, nutmeg,

and white pepper to taste. Beat the yolk of one egg, add to it half a pint of milk, and whisk it into the butter ; when thick add the vegetable, and serve. The leaves when tender are boiled and served as spinach.

Macaroni, au gratin.—Break the long stems in two and cover them with water slightly salted, simmer fifteen minutes, drain and put the macaroni in *au gratin* tins. Add a little milk, salt and pepper, and a walnut of butter to each ; then cover with grated Parmesan cheese and bake to a delicate brown.

New Onions, au gratin.—Select onions of uniform size, peel and cut a slice from the top of each. Remove part of the centre of each and chop it fine. Mince half a pound of ham ; soak three ounces of bread-crumbs, squeeze out the water from them and add the yolks of two eggs. Mix all together and season with salt and pepper and very little mace. Stuff the onions with this ; cover the top of the onions with grated cheese and bake brown.

Okra, Stuffed.—Select a dozen good-sized but tender okra pods, cut off the pointed ends, and remove the seeds. Beat the yolks of two eggs, season with salt and white pepper, add a tablespoonful of chopped boiled ham, and bread-crumbs enough to thicken the egg. Add

the seeds also. Fill the pods with this mixture, stand them upright in a pan ; add a little water or gravy ; cover the tops with a layer of bread-crumbs and add a layer of grated Parmesan cheese. Divide two ounces of butter in little balls, place them on top and bake to a delicate brown.

Oyster-Plant, au gratin.—Take six stalks of oyster-plant, scrape them and dip them in half vinegar and water as fast as scraped. Cut them in quarters lengthwise, then in inch strips ; wash them and boil one hour in slightly salted water. Boil half a pint of milk, add a teaspoonful of dissolved flour to it ; add the vegetable, and put in a small baking-tin ; season with salt and pepper ; strew over the dish a layer of bread-crumbs ; add a little butter and bake to a delicate brown.

Peppers, Stuffed.—Take six green Spanish peppers, cut off the tops, remove the seeds, and make a force-meat of equal parts of minced chicken or veal and soaked bread-crumbs, well seasoned, and bound together with the yolks of two eggs ; fill the peppers with this ; add a little cracker-dust on top, and a small piece of butter to each ; bake twenty minutes.

Potato Croquettes.—Boil six potatoes ; when done peel and mash them ; add two

ounces of butter, a gill of milk, salt, pepper and the yolks of two raw eggs. Dredge a bread-board with flour, roll the potato into very small cork-like shapes; cut these of equal length, dip them in egg and crumbs and fry to a delicate brown.

Rice Croquettes.—Thoroughly wash half a pint of rice; boil it in a pint of milk thirty minutes; whip into the hot rice two ounces of butter, two ounces of sugar, salt, and the yolks of two eggs. If the batter is too stiff add a little more milk. When cold roll it into neat balls, corks or cones, dip them in beaten egg, roll in fine bread- or cracker-crumbs, and fry as you would doughnuts.

Stuffed Tomatoes.—Select six medium-sized tomatoes. Cut a slice from the stem end of each, and scoop out the soft pulp. Mince one small onion, and fry it slightly; add a gill of hot water, the tomato pulp, and two ounces of cold veal or chicken chopped fine; simmer and season with salt and pepper. Stir into the pan cracker-dust enough to absorb the moisture; stuff the tomatoes with this mass, sprinkle dry crumbs over the top; add a small piece of butter, and bake until slightly browned on top.

ENTRÉES OF FISH.

Codfish-Tongues.—Wash four codfish-tongues thoroughly in cold water ; put them on the range in hot water slightly salted, and boil thirty minutes ; drain ; arrange neatly on a folded napkin placed upon a hot dish ; garnish with parsley and slices of lemon, and send to table with *a white sauce*. Fried like oysters and served with *sauce tartare* they are very good. (See *sauce tartare*, page 52.)

Curry of Eels, with Rice.—Cut into two-inch pieces one medium-sized eel or two small ones ; put them in a saucepan and cover with boiling water ; add a little salt, a piece of lemon peel and a tablespoonful of vinegar ; boil slowly one hour, and drain. Cut up a small onion, and fry it brown in a little butter ; add a pint of the water in which the fish was boiled and a teaspoonful of walnut catsup. Mix together a teaspoonful of flour with a gill of cold water, rub it smooth, and add a teaspoonful of dry curry powder. Mix and add it to the pan, strain and return to the pan ; then add the eels ; simmer fifteen minutes, and serve surrounded by a border of boiled rice.

Eels en Matelotte, au gratin.—Cut two pounds of eels into three-inch pieces, and rub the inside with a little salt. Cut one medium-sized onion into small pieces, and fry them in a little melted butter ; when brown, add half a pint of broth or water, one bay-leaf, four cloves, six broken pepper-corns, and a gill of claret. Add the eels to this, cover, and simmer three-quarters of an hour. Pour the contents of the pan into a shallow baking-tin, cover them with cracker-crumbs, add a pat of butter to the crumbs, and bake to a light brown.

Fillet of Bluefish, au gratin.—Select a small bluefish, split it in two lengthwise, remove the bone, and cut the fish free from the skin ; cut the flesh in strips ; spread a layer of nicely seasoned stuffing on each long strip, and roll them. Cover the bottom of a tin with the stuffing, add the fillets of fish, and fill all the spaces between with stuffing. Strew over the top of the dish a layer of bread-crumbs, moistened with melted butter, and bake to a delicate brown. The stuffing may be made of a mixture of minced meat and grated bread nicely seasoned, or bread-crumbs and minced clams or oysters.

Fillet of Pompano, Cream Sauce.—Cut the fish in two lengthwise, remove the bone and

cut the flesh free from the skin; then cut the fish into strips. Rub a little butter, pepper and salt over them, roll and tie them up, put them in a saucepan, add very little water and such spices as are liked. Cover the dish, and allow it to simmer an hour. Take the fish out of the liquid and strain the latter, thicken it with milk containing a little flour, pour it over the fish, squeeze a little lemon juice on top, and serve.

Fillet of Salmon Trout.—Select a medium-sized fish; split it in two lengthwise; lay the pieces skin side down, and cut the fish away from the skin; then cut it in pieces two inches wide crosswise. Lay these in a pan, add water or gravy to prevent burning; season with salt, pepper, and an ounce of butter to the pound of dressed fish, and bake. When done, put on a hot dish. Make a sauce of the contents of the pan, add a little Rhine wine to it, and pour over the fish.

Fillet of Sole, Sauce Tartare.—The true English sole is seldom used in America, except on extra occasions, when it is imported from England. We use the common flounder as a substitute. Remove the head, fins, tail, and skin from a medium-sized flounder; lay the fish flat on the table, and with a sharp knife make a deep cut through to the backbone the

whole length of the fish, cut the upper side lengthwise from the bone, now remove the bone from the lower part, and cut the fish into pieces crosswise, each piece to be about two inches in width ; season each piece, roll it up and tie it with strong thread, dredge them in flour and fry in plenty of hot fat (they may be dipped in egg batter and rolled in bread-crumbs if liked) ; remove the thread, arrange them neatly on a hot dish, garnish with parsley, and send to table with *sauce tartare* (which see).

Fresh Sturgeon Steak Marinade.—Take one slice of sturgeon two inches thick ; let it stand in hot water five minutes ; drain ; put it in a bowl and add a gill of vinegar, half a gill of olive oil, half a teaspoonful of salt, a salt-spoonful of black pepper, and the juice of half a lemon ; let it stand six hours, turning it occasionally ; drain and dry on a napkin ; dip it in egg ; roll in bread-crumbs, and fry, or rather boil, in very hot fat. Beat up the yolks of two raw eggs, add a teaspoonful of French mustard, and, by degrees, half of the marinade, to make a smooth sauce, which serve with the fish.

Frogs' Legs à la Poulette.—Wash three pairs of "saddles" ; drain and scald them ; simmer an hour in boiled milk. Put into a saucepan two ounces of butter ; when it begins

to melt whisk it, and add the juice of a lemon.

Beat up the yolks of two eggs with two gills of cream containing a teaspoonful of flour rubbed free from lumps ; whisk this gently into the warm butter ; keep it quite warm until it thickens, but do not boil, or it will curdle. Drain the frogs from the milk, pour the sauce over them, strew a little chopped parsley on top, and serve.

Frogs' Legs à la Secret.—Wash one pound of frogs' legs in cold water slightly salted ; par-boil them in boiling water and finish cooking them in boiling milk. Beat two ounces of butter in a saucepan over the fire, add half a teaspoonful of dry flour and a gill of the milk in which the frogs were boiled. Beat the yolks of two eggs with half a wineglassful of sherry, salt, and pepper. Move the saucepan to the back of the range, and when its contents are somewhat cooled whisk in the egg. Keep it warm, but do not let it boil, and add the frogs ; then turn out on a hot dish, and serve.

Frogs' Legs, Fried, Sauce Tartare.—Select three large "saddles" ; wash them and cover them with boiling water for five minutes ; drain and dry them in a napkin. Beat the yolks of two eggs, add a saltspoonful of salt, a pinch of cayenne, three tablespoonfuls of oil, and a dash

of anchovy essence ; beat well and add a teaspoonful of lemon juice ; dip the frogs in this, roll them in grated bread-crumbs, shake off all surplus crumbs, dip them again in the egg, and again roll in the crumbs. Have ready a liberal quantity of hot fat, drop the frogs in it, and fry them a dark brown, and serve, neatly garnished with parsley and slices of lemon. Serve the sauce in a sauce-boat. (See *sauce tartare*.)

Royans à la Vatel.—Royans are of the sardine order, and are more of a lunch relish than an entrée. They may be procured from the leading grocers. Open the can carefully without breaking the fish, turn the contents of the can on a dish, scrape off the skin, arrange them on slices of toast, add the bits of truffles and artichokes found in the tin, and serve with quarters of lemon.

They may be cut into very fine pieces and spread on toast, with a little lemon juice squeezed over them.

[*A la Vatel* refers to Vatel, the celebrated chef to the Prince de Condé. Vatel, driven to despair by the non-arrival of a quantity of fish necessary for a fish dinner to be given to Louis XIV., committed suicide.]

Salmon Croquettes.—Take a one-pound can of salmon, open it neatly, take out the fish and

mince it fine ; add salt and pepper and a tablespoonful of chopped parsley or celery tops ; moisten it with very little water, add a raw egg and a little walnut ketchup, mix thoroughly, put it in a small saucepan, and place the saucepan in another containing hot water. When quite hot, turn it out upon a dish to become cold ; then roll it into cones, dip these in beaten egg seasoned with salt and pepper, roll them in bread-crumbs, drop them into boiling fat, and fry a delicate brown ; drain them a moment, arrange neatly on a hot dish, and serve with or without sauce.

Sauce Tartare.—Take half a pint of mayonnaise, and add to it a tablespoonful of chopped salad herbs, mince a quarter of an onion with a few chopped capers and a teaspoonful of made mustard ; mix all together, and serve.

Shad Roe à la Poulette.—Cover a pair of roes with water slightly salted ; add a tablespoonful of vinegar and a slice of lemon ; simmer thirty minutes and drain ; put into a saucepan an ounce of butter ; when it begins to melt whisk it and add the juice of half a lemon.

Beat up the yolk of one egg with a gill of cream containing half a teaspoonful of flour rubbed free from lumps ; whisk this gently into the warm butter ; keep it quite warm until it

thickens, but do not boil, or it will curdle. Pour it over the shad roes, strew over the top a trifle of chopped parsley, and serve.

Smelts with Tomatoes, au gratin.—Thoroughly clean six medium-sized smelts, dry them on a towel. Put into a quart baking-tin a layer of grated bread-crumbs, on top of which add a layer of sliced tomatoes (free from skins) ; cover with a light layer of crumbs and season with salt, pepper, and a pat of butter. Now add the fish whole, and strew over them a top layer of crumbs, add salt, pepper, and a liberal allowance of butter ; pour in on one side a small quantity of oyster broth to prevent burning on the bottom, and also to flavor the whole dish ; bake twenty minutes.

Stewed Eels, German Style.—Select two good-sized, properly cleaned eels ; cut them into three-inch pieces ; cover with cold water, slightly salted, for one hour. Put into a saucepan two ounces of butter and a tablespoonful of flour, and stir it around until slightly colored ; add gradually a pint of cold water, a clove of minced garlic, one bay-leaf, a blade of mace, two sage-leaves, six cloves, and a wineglassful of Rhine wine. When warm, add the eels ; cover, and simmer slowly one hour. Remove the eels without breaking the pieces ; strain the

sauce, and if thin boil it down ; pour it over the eels, and serve either hot or cold.

Vol-au-Vent of Frogs' Legs.—Rinse two pounds of medium-sized legs in cold water slightly salted, then par-boil them ; drain, and simmer them in milk three-quarters of an hour ; when done, drain, and remove the bones. Whisk two ounces of butter over the range ; add to it slowly a teaspoonful of flour, salt and pepper, and a dash of nutmeg. Stir in a pint of the milk in which the frogs were boiled ; add the meat, and keep on the range until wanted. Fill the Vol-au-Vent shells just before sending to table. These may be made at home ; but the nearest bakery will furnish you them at a reasonable price, and this will save you much trouble.

ENTRÉES OF BEEF.

Beef à la Mode.—Take three pounds of fresh beef, trim off the fat ; cut half a pound of bacon into long, slender strips, and lard the beef with it. Mix a few cloves, mace, allspice,

peppers, cayenne, tablespoonful of powdered thyme, and two cloves of garlic, with half a pint of malt vinegar. Put the meat into an earthen crock, with a thin slice of bacon under it, add the seasoning and a pint of soup-stock, cover the crock and simmer six hours. When preferred, vegetables may be added, but it is more satisfactory to cook them separately.

Beef, Braisé, à la Macédoine.—Select a five-pound piece of rump of beef, cover it with hot water and simmer two hours. Take it out, put it in the braising-pan with a slice of bacon, an old carrot sliced, an onion quartered, a teaspoonful of salt, six whole peppers, three cloves, and a pinch of thyme. Add half a pint of the water in which it was partly cooked (and save the remainder for soup). Cover, and simmer an hour, and set the joint in the open oven a few moments, while you rub the sauce through the colander, remove surplus fat and boil the sauce down, then pour it over the meat, and serve, surrounded with a liberal quantity of young vegetables cut into fancy shapes, harmoniously blended as to colors, and piled up in dainty tufts alternated with sprigs of parsley or slices of lemon, or both. If it is too much trouble to prepare your own

macédoine you may procure it from any first-class grocer.

Beef, Braisé, Hungarian Style.—Beef cooked with the addition of a liberal quantity of Paprika (which is a red but very mild and excellently flavored pepper) is called Hungarian style. This pepper may be purchased at the Spanish stores and at Hungarian restaurants. Select a five-pound piece of rump of beef, cover it with hot water, and simmer two hours. Take it out, put it in the braising-pan with a slice of bacon, a carrot sliced, an onion quartered, a teaspoonful of salt, three cloves, a pinch of thyme, and a heaping tablespoonful of Paprika. Add half a pint of the water in which it was partly cooked (and save the remainder for soup). Cover, and simmer an hour, and set the joint in the open oven a few moments while you rub the sauce through the colander; remove surplus fat, boil the sauce down, then pour it over the meat, and serve.

Beef, Braisé, with Young Carrots.—Same as *à la Macédoine*, except use carrots instead of macédoine, and serve, surrounded with a liberal quantity of young spring carrots, which are very nice. The young carrots require but little cooking.

Beefsteak Pie.—Select flank or rump steak

for this dish. Cut the meat in two-inch pieces about an inch wide ; season them with salt, white pepper, and minced parsley ; dredge with flour. Wash, peel, and cut in long, thin pieces half the quantity of potatoes. Line a baking-dish with paste ; add one long, thin strip of bacon, then the steak alternated with layers of the potato ; add gravy or broth enough to keep the contents moist ; cover with a top crust, brush a little egg over it, and bake until quite brown on top.

Filet Mignon, Sauce Bordelaise.—Take two pounds of beef tenderloin, cut it into small slices crosswise, and broil them, season them with salt and pepper, arrange them neatly on a dish, pour over them *sauce Bordelaise*, and serve. “Filet Mignon” means a delicate, small, favorite piece of fillet or tenderloin of beef. (See *sauce Bordelaise*.)

Fillet of Beef, Sauce Bearnaise.—Select three pounds of the large end of a beef tenderloin, trim off the fat and tough skin covering the meat, and either lard it or cover with thin strips of salt pork ; add salt and pepper, and bake thirty minutes ; cut it into slices, and serve with *sauce Bearnaise* (which see).

Hamburg Steak.—Take one pound of very finely chopped or scraped round or rump steak.

If you do not care to scrape it free from sinews, ask the butcher to do it for you. Put in a frying-pan an ounce of butter ; add a teaspoonful of minced onion, and fry it a delicate brown. Now shape the steak in a round form about an inch and a half thick, and fry it in the same pan with the onion ; when done add salt and a pinch of cayenne. Meat prepared in this form is always more digestible than solid steak, and the ways of serving it are quite numerous. Some like it raw, highly seasoned with finely-chopped raw onion and parsley, cayenne, salt, and the yolk of a raw egg. Others eat it very rare, and some insist on cooking it almost as dry as chips. In our opinion it is best cooked about "medium," and a poached egg placed on top of it is quite acceptable.

Roast Sirloin of Beef, Yorkshire Pudding.—The sirloin (written also surloin) of beef is the outer or upper part of the loins, covering the kidneys, and separated from the tenderloin by a flat bone. It is known to American housekeepers as porterhouse (the popular steak of the old New York porter and ale houses, hence its name). The cut usually palmed off on New York housekeepers as sirloin is a hip steak or roast, the proper name of which is a rump-cut,

considered by New England people to be one of the best joints.

Select the middle cut of the loin of a good-sized animal, and see to it that the outer fat is at least a quarter of an inch thick ; for if the top covering of fat be thin, and more like gristle than fat, the meat will be found very tough and unpalatable. Trim away most of the inner fat and a part of the flank ; and as the tenderloin is more useful as steaks or an entrée, it is best to cut it out ; also turn the flank under, and if skewers are used, insert them in the flank only. Salt and pepper the whole joint liberally, and dash a little flour over the outer fat. Put it in a pan large enough to hold the joint and a pudding, and when the joint is half done add the pudding. While cooking baste the meat, and if the pudding is too dry baste it also. At the end of an hour and a half an eight-pound joint, if a good thick one, will be cooked ; but, if a thin joint, a much shorter time is required.

To make the Yorkshire pudding : Beat thoroughly five eggs ; add to them a teaspoonful of salt, a pint of milk, and a teaspoonful of lemon juice. Sift together two teaspoonfuls of baking-powder and three half-pints of flour.

Add the egg mixture gradually, and make a stiff batter. Put it in the pan, not under, but beside the beef. [A Yorkshire matron suggests the addition of lemon-juice to correct the too frequent ill-effects of so rich a dish.]

To carve a sirloin of beef, the easiest manner possible is as follows: Remove the bone before sending the joint to table; place the thickest end towards you, and with a firm stroke cut an even slice from one end of the joint to the other. Serve a portion of the pudding on each plate. When the joint is sent to table with the bone in it, cut thin slices down to the flat bone, and then with the sharp point of the knife cut them free from the bone. The dripping in the pan should be freed from most of the fat, and the remainder used for making the thick gravy so familiar to us all.

Sauce Bearnaise.—Reduce a gallon of strong soup to a quart by long boiling, and keep it warm. Beat up the yolks of four eggs, turn them into a buttered saucepan, whisk them, and gradually add a pint of the reduced soup (which is called glaze); add, while whisking, a tablespoonful of vinegar strongly flavored with garlic (or, if liked, a quantity of the juice from bruised garlic or shallots) and the juice of a lemon. After beating the eggs, stir them in

the pan continually with a wooden spoon, and do not let the sauce boil at any time.

Sauce Bordelaise.—Put a tablespoonful of chopped white onions into a hot saucepan with a little butter, white pepper and salt, and half a pint of wine ; reduce it, by boiling, to quarter of a pint, then add half a pint of dark, thick, beef gravy ; boil a few moments, add a teaspoonful of chopped parsley, and half a teaspoonful of chopped capers ; mix gently together, and serve.

Tongue, with Spatzen, Boiled.—Trim off the ragged end of a smoked tongue ; cover it with cold water ; let this come to a boil, then pour off the water, and fill the pot up again with cold water. Let this come to a boil ; then allow it to simmer two hours. When done, remove the skin and useless root-end, and cut it in neat, thin slices. Place them on a hot dish as near the original form as possible ; put round it a high border of well made spatzen, which is prepared as follows : Mix together a pint of flour, half a teaspoonful of salt, and a scant pint of milk. Beat the yolks of two eggs ; add them to the flour and stir the mixture well ; put a part of it on a flat dinner plate, and flake it into a pan of boiling water with a knife, alternately dipped in the pan of hot water ; let the strips

boil until they float on the surface ; then take them out carefully, and drain. Put into a frying-pan an ounce of butter ; when hot, stir into it half a pint of grated bread-crumbs ; toss them about until crisp and brown, and pour them over the spatzen together with the butter not absorbed by them. [Spatzen is a favorite German dish, and it is so good that I marvel much at not meeting with it at our tables. A little practice, and our young house-keepers may be able to prepare it *almost* as well as her German cousin.]

Tripe Lyonnaise.—Cut half a pound of cold boiled tripe into neat squares. Put two ounces of butter and a tablespoonful of chopped onion in a frying-pan and fry to a delicate brown ; add to the tripe a teaspoonful of chopped parsley and a little strong vinegar, salt, and cayenne ; stir the pan to prevent burning. Cover the bottom of the platter with tomato sauce, add the contents of the pan, and serve.

Tripe with Clams, à la Poulette.—Cut half a pound of honeycomb tripe in inch square pieces ; wash *thoroughly* in water slightly salted ; simmer three-quarters of an hour. Boil twenty small clams in half a pint of clam broth for twenty minutes ; strain both and mix the liquids. Beat the yolks of two eggs, add a gill of milk,

a tablespoonful of dissolved flour, salt, and pepper ; when the liquid cools, add the other ingredients. Melt and whisk an ounce of butter ; while doing so add the sauce gradually. When quite hot and thick add the clams and tripe.

Tripe with Oysters.—Tripe, when prepared by a simple process, is very nutritious and easily digested. Cut up half a pound of tripe, wash it well in water slightly salted and simmer three-quarters of an hour. Take it out of the broth, add a little butter rolled in flour, salt, and pepper ; simmer, and add a little more flour : if not thick enough return the tripe, and add a dozen small oysters ; simmer fifteen minutes longer, and serve.

ENTRÉES OF CALF'S HEAD.

Calf's Head.—Ask the butcher to chop the head in two, then remove the brains ; place them in cold water for an hour, drain, and boil them in salted water twenty minutes, and set them one side. Put the head in cold water,

wash it well, let it remain in water one or two hours to draw out the blood ; now cover it with hot water, season with pepper, salt and mace ; boil gently two hours and a half, and serve with cream sauce.

Calf's Head, à la Poulette.—Prepare the head as in the foregoing recipe, and send to table with a sauce prepared as follows : Put into a saucepan two ounces of butter ; when it begins to melt, whisk it.

Beat up the yolks of two eggs with two gills of cream containing a teaspoonful of flour rubbed free from lumps ; whisk this gently into the warm butter ; keep it quite warm until it thickens, but do not boil, or it will curdle. Add the juice of a lemon, pour the sauce over it, strew a little chopped parsley on top, and serve neatly garnished.

Calf's Head, en Tortue.—When prepared according to the formulas laid down in the works of French chefs, this is one of the most elaborate dishes known. We will endeavor to give a recipe that is within the reach of most families. A principal object in view is to make it attractive to the eye by varied garnishments. Trim off all crust from a loaf of sandwich bread, cut it in two, make it as square as possible, and fry one piece in boiling fat ; when

brown, drain. Boil the head and brains separately, and chop the brains very fine. Add to them a teaspoonful of chopped parsley, salt and white pepper, a heaping teaspoonful of bread-crumbs, and the yolk of an egg. Roll them into little cakes. Dip each in egg and crumbs, and fry just before they are wanted. After the head is boiled, remove all bone, skin the tongue, and replace it. Cream two ounces of butter ; add to it a heaping tablespoonful of dissolved flour, whisk it, and add a pint of the liquid in which the head was boiled. Season it with salt and cayenne. Add the pulp of two tomatoes and a glass of sherry ; simmer twenty minutes, and pour in a sauce boat. Cut the head and tongue in pieces about two inches square, put the pieces of fried bread on a dish, arrange the pieces of head round it. Arrange the little brain cakes on top and on the sides of the bread, alternately with hard-boiled eggs quartered. A few hot mushrooms are an improvement, and truffles are also used. A few stoned or stuffed olives tucked in little openings are acceptable. The dish may now be served, but should you have three silver skewers, and arrange on each a red crayfish, or prawn, or the boiled claw of a crab, then a truffle or an olive, and stick these in the bread as top

ornaments. Should you have a bottle of prepared French cockscombs, these should be put on the skewers first. The garnishing is a matter of fancy, and a little practice will make one proficient in it.

Calf's Head, Sauce Vinaigrette.—Ask the butcher to chop the head in two, then remove the brains ; place them in cold water for an hour ; drain, and boil them in salted water twenty minutes, and set them one side. Put the head in cold water, wash it well, let it remain in water one or two hours to draw out the blood ; now cover it with hot water, season with pepper, salt, and mace ; boil gently two hours and a half, and serve with a sauce made as follows : Chop very fine two pickled or fresh button onions, a dozen capers, and half a teaspoonful of chopped parsley. Add to these half a saltspoonful of black pepper, half a teaspoonful of salt, three, tablespoonfuls of vinegar, and five tablespoonfuls of olive oil ; mix, and serve.

Calf's Head, Sauce Tartare.—The calf's head left from the preceding day's dinner and the brains make an excellent breakfast dish. Cut the meat off the head in pieces about the size of oysters ; dip them in egg and batter, and fry in plenty of hot fat. The brains should be well washed, drained, and par-boiled, then

cut in slices and fried. Serve with *sauce tartare*. (See page 52.)

Calf's Head, Terrapin Style.—Cut up a pound of cold, boiled calf's head into small, neat squares, set them one side, and prepare a dressing as follows: Put half a pound of butter in a saucepan, and let it melt. Beat up the yolks of four eggs with a pint of rich cream, and season with salt, cayenne, and nutmeg; whisk the butter, and, while doing so, add the cream and eggs gradually; simmer, but do not let it boil. Take half a pint of sherry, and add to it a teaspoonful of browned flour and half a teaspoonful of India Soy; whisk well, and add gradually to the sauce. Keep it hot until it thickens, and add the calf's head. Mix, and serve in a hot dish. Should the sauce boil it will curdle. The yolks of hard-boiled eggs worked to a paste, then made into little balls to represent terrapin eggs, are recommended if one cares to take the trouble to make them.

Minced Calf's Head.—Cut into strips the fleshy part of one cheek together with the tongue of the calf's head from the preceding day. Cut the strips into very small dice. Put into a saucepan half a pint of rich gravy, warm the minced meat in it, season with a pinch of cayenne, two saltspoonfuls of salt, and a gill of

sherry ; simmer fifteen minutes, stirring frequently to prevent burning ; break into the dish two raw eggs, stir until set, put the meat neatly on slices of toast, and serve.

ENTRÉES OF LAMB.

Breast of Lamb, with Peas.—This part of the lamb is always cheaper than other portions, and not only has this to recommend it, but is readily adaptable to many delicate and palate-pleasing dishes, one of which is the following : Trim off the skin and a part of the fat from the breast of a spring lamb ; cut the meat into squares or triangular pieces ; dredge in flour ; put them into a stew-pan with a small quantity of butter and herb seasonings ; toss them about, and brown them nicely ; add a pint of soup-stock to each pound of meat ; simmer until tender, and skim off all surplus fat. Just before serving, add half a can of French peas, pour out on a hot dish, garnish with large *croutons*, and serve. The tops of asparagus, French beans, etc., may be used instead of peas.

Another good way for preparing breast of lamb is as follows : Cut the meat into pieces as above described ; dip them in beaten egg, roll in cracker-crumbs, and fry in boiling fat ; drain off nicely all surplus fat, place them on a hot dish, pour tomato sauce over them, and serve. They are also very nice when broiled.

Epigramme of Lamb, Macédoine.—Trim the fat and skin off a breast of lamb, put it in a saucepan, add a strip of bacon, a sprig of parsley, a slice of lemon, four whole cloves, six peppers, and a pint of clear soup ; simmer an hour, drain, and save the broth for future use as a sauce. Remove the bones, and place the meat between two plates with a weight on top ; when cold, cut the meat in V-shape pieces, dip them in beaten egg, roll in bread-crumbs, and fry in plenty of boiling fat. Have ready a macédoine of vegetables (assorted vegetables cut in neat forms and boiled), put them in the centre of a dish, arrange the epigrammes around them, and serve.

Fricassee of Lamb, with Peas.—The breast and flap or shoulder of lamb is a most excellent dish served in this form : Cut the meat in neat pieces ; toss them in a very little flour ; put them in a saucepan with just cold water enough to prevent burning ; when it begins to

simmer, cover with hot water ; add salt, white pepper, and the slightest suspicion of mace. Simmer slowly one hour. To two pounds of meat add half a pint of canned peas.

Lamb Chops, with French Peas.—Dainty lamb chops require but a moment to cook, and unless care be taken the cook is liable to dry them up. They should be turned repeatedly to save all the juice, and when done arranged neatly around a mound of peas. Open a can of French peas (purchased from a reliable dealer, who will not palm off on you peas of second-class canners) ; drain off the water ; melt an ounce of butter in a pan, but do not let it become very hot ; then add the peas, salt and white pepper ; shake the pan to prevent burning, and when they are all hot, serve. The great mistake made with canned peas is that many cooks spoil them by allowing them to boil. As they are already cooked, they only require heating to make them palatable.

Lamb Fritters, Tomato Sauce.—When cold roast lamb will not slice nicely, owing to its having been badly carved at the preceding meal, it may be served as fritters. Trim the meat free from the bones, and cut it very fine ; to one pound of this add half a scant teaspoonful of salt, a dash of pepper (red and black mixed)

and the yolks of two eggs ; bind together, and shape the mixture into small, thin cakes, dip them in beaten egg, then in cracker-crumbs, repeat the process, and drop them in very hot fat. Serve with tomato sauce (which see).

Lamb's Head, Stuffed.—The head of the house-fed lamb is a choice tid-bit. Wash the head (with the wool on) until quite clean, then scald it, and remove the wool and eyes. Cut out the tongue, remove the brain from the inner side, scald and clean the tongue and cut it fine; wash, scald, and mince the brains ; put them in a dish with half a pint of bread-crumbs, salt and pepper to taste ; moisten with milk, add a yolk of egg. Stuff the head with this, rub over it a liberal quantity of butter rolled in flour, and bake a rich brown.

Lamb's Tongue on Toast.—A number of excellent dishes can be prepared from the dainty tongue of the lamb, whether it be pickled or fresh. If pickled, blanch it in hot water a moment to draw out its acidity, then plunge into cold water, drain, and cut into thin slices, toss them about in a little butter a moment, cover with gravy nicely seasoned and slightly thickened, and serve on toast. The fresh tongue should be first boiled and then cooked in the gravy whole, if preferred ; but they are

more evenly permeated with the gravy if quartered or sliced.

Tomato Sauce.—Open a can of tomatoes that contains but little liquid ; simmer them gently three-quarters of an hour ; season with salt, cayenne, a clove of garlic bruised, and very little mace. Press them through a fine sieve ; put the pulp in a clean, hot stew-pan with a little butter rolled in flour ; stir to prevent burning, and, when quite thick, serve. A most excellent tomato sauce is made of a brilliant red tomato catsup. Take half a pint of it, heat it gently, add a gill of rich soup-stock and a teaspoonful of flour dissolved in a little cold water ; simmer until it thickens, and serve. Ordinary catsups do not have the proper color, and are likely to sour when heated.

ENTRÉES OF MUTTON.

Cold Mutton, with Purée of Tomatoes.—Reduce two quarts of fresh tomatoes to a pulp (or purée) ; put half of it in a small buttered pan, slice cold mutton and add it to the dish ;

cover with the remaining purée ; strew over the top salt and pepper and a layer of bread-crumbs ; put in the oven long enough to lightly brown the top.

Minced Mutton, with Poached Egg.—The cold mutton left from a dinner may be converted into a very appetizing dish as follows: Cut the meat into thin slices, and cut these very fine. Melt an ounce of butter in a frying-pan. Cut up a slice of onion, and fry it in the butter; then remove it ; add the meat, a little salt and pepper, and soup or water to moisten it ; when thoroughly warmed through, put spoonfuls of it neatly on toast ; on top of the meat place a poached egg.

Mutton Cutlets à la Maintenon.—[Of the various ways suggested to prepare cutlets after the direction of Madame Maintenon, the following is the best mode for the household.] Fry one small onion in a little butter until a delicate brown, then add half a pint of hot water, salt, a sprig of thyme and parsley, a dozen allspice broken, and three cloves ; put in two cutlets or chops, and simmer half an hour ; drain, and place them between dishes under pressure. When cold, trim them neatly. Boil the sauce down one-half, remove the fat, and add two heaping tablespoonfuls of minced mushrooms,

and a clove of garlic minced very fine ; add just flour enough to take up the moisture, and keep the pan on the range until the mince is firm, then spread it on both sides of the chops or cutlets. Squeeze a little lemon juice over them, and lay them on buttered plain writing paper ; wrap each chop in the paper as neatly as possible, and put them in the oven ten minutes.

[Cutlets à la Maintenon were, it is said, first served to Louis XIV. by direction of Madame Maintenon ; to whom he was married privately about the year 1685. Madame de Maintenon was the daughter of the scapegrace d'Aubigne, and was born in the prison of Niort, Nov. 27th, 1635. Forced by poverty, she married the deformed and sickly Scarron and nursed him until his death. She afterwards met Louis XIV., and, at the age of fifty, married him.]

Plain Mutton Curry.—Cut up half a pound of boiled mutton in neat symmetrical pieces. Chop up quarter of an onion, and fry it with three tablespoonfuls of oil or butter, add the meat, toss it about a few minutes, strew over it half a teaspoonful of curry and add beef broth, gravy or water enough to make a thick sauce ; simmer gently a few minutes, and serve. This is about as simple a mode of preparing the dish as can be proposed. It may be improved upon

by frying a little apple with the onion, in adding more water, and thickening it with browned flour. As many of the recipes recommend rice, as a part of their composition, it is presented for the convenience of the readers. The cardinal point to be gained is to have each grain of rice, distinct and unbruised, but at the same time tender : to accomplish this, a small quantity of rice must be boiled in a large pot or pan, which should be filled with cold water. Wash half a pound of rice in several waters. This may be done by placing a colander in a large tin and putting the rice in the colander ; then add cold water, and lift out the colander several times to deposit all grit into the outer tin. Reject all husks and imperfect grains ; flow it in a large pot or saucepan as above mentioned ; add a very liberal quantity of cold water and a little salt, and boil rapidly from twenty to thirty minutes (depending upon the age and variety of rice). Test the grains occasionally and when a slight pressure between the thumb and forefinger will crush them, they are done. If allowed to boil until the grains burst, or if boiled in a small quantity of water, the grains will stick together, which is objectionable. When done, drain off all water, and place the rice near the range

and covered with meat extract, called "glaze," when it will reject all moisture, but will not become hard and dry.

ENTRÉES OF PORK.

Broiled Pork Tenderloin.—Select two fresh pork tenderloins, remove the membranous skin covering them ; put them in a dish, and strew over them a tablespoonful each of minced onion and pickled cucumber, a teaspoonful of salt, a saltspoonful of black pepper, six whole cloves, a dozen allspice, and a leaf of thyme ; cover with half water and vinegar, and let stand over night. The next day, drain, brush over them a little sweet olive oil, dredge them in cracker-crumbs, and broil thoroughly over a charcoal fire. Put in the centre of a dish a mound of hot apple sauce, or, if preferred, a pyramid of fried tomatoes ; add the tenderloin, and serve. They may be cut into short pieces and broiled, but many prefer to see them carved at table. There are innumerable ways of preparing the pork tenderloin, and the ingenuity of the cook should

be brought into play to see in how many various styles they can be made acceptable.

Tenderloin of Pork with Fried Apples.—Cut the thin membranous skin from the tenderloin, and put the latter in a marinade of claret seasoned with whole spice and a few slices of oranges. Let it stand in this four hours ; drain and dry on a cloth, and split in two lengthwise ; rub it with butter, and broil until well done. Put in the center of a dish a mound of fried apples ; arrange the meat around it, and serve. The marinade may be boiled down, thickened and served as a sauce, if a sauce is desired.

ENTRÉES OF VEAL.

Curry of Veal.—Cut up one pound of raw veal into inch pieces. Mix a teaspoonful of curry, half a teaspoonful of rice flour, and a saltspoonful of salt together ; dip the meat in melted butter or oil, then roll each piece in the powder, and fry it in butter until a delicate brown. Onion may be added or omitted. Mince half a sour apple and fry it with the

meat; add half a pint of soup-stock; simmer half an hour; squeeze over all the juice of half a lemon, mix, and serve.

Epigrammes of Veal.—Take that part of the forequarter of veal which is chopped from the ribs in the preparation of rib chops Trim off the surplus fat. Put the whole piece in a saucepan. and add a sliced onion, a sprig or two of celery tops, salt, and a liberal allowance of whole peppers; cover with hot water or soup-stock, and simmer until the bones can be easily removed, when it will be properly cooked. Place it between two platters, on top of which put a heavy weight, and let it become cold. Strain the sauce to free it from fat, and hold it in reserve. Now cut the veal into neat pieces of equal size; dip them in beaten egg and bread-crumbs, and strew over them a little salt and pepper; dip again in egg, and again roll in crumbs; have on the range a liberal quantity of fat; when it is smoking hot, add the meat, and fry to a delicate brown. Heat the sauce, and add to it just sherry enough to give it flavor, thicken it with a little brown flour, taste for seasoning, and send to table in a boat.

Fricandeau of Veal.—This (in kitchen French) is veal neatly larded and browned in a

saucepan, or baked. Select a lean, thick piece of meat cut from the thick part of the leg. Insert ribbons of larding pork over the top surface. Put into a shallow saucepan three slices of bacon, six whole black pepper-corns, three cloves, one minced onion, a tablespoonful of chopped green herbs, one carrot sliced, salt, and clear soup or water enough to prevent burning. Add the meat, and cover. Baste occasionally, simmer until tender (allow thirty minutes to the pound), remove the meat, strain the sauce, skim off all fat; now simmer the sauce until thick and brown, and serve both, or pour a little of the sauce over the meat, and set it in the oven a moment to brown the surface.

Fricassee of Veal with Oyster Plant.—Trim off all surplus fat and bone from the breast of veal, and cut the meat into neatly shaped pieces; dredge these with flour, and put them in a saucepan with batter enough to prevent burning. Cover, and let it steam in its own vapors thirty minutes; then add a pint of soup-stock or water, and let it cook slowly. Scrape and cut into narrow strips as much oyster plant as you have meat in bulk; add to it the meat, with salt, a few whole, white peppers, a dash of nutmeg, and a teaspoonful of

grated lemon-peel. Add a little more stock if a liberal quantity of sauce is desired. Cover the dish, and simmer until tender, allowing forty minutes for the vegetables to cook, care being exercised that they are not cooked too much. Remove the pan to the back of the range; take out a gill of the liquid, and add to it the beaten yolks of three eggs. Pour this over the contents of the saucepan; let it stand a few minutes longer, and serve. Garnish the dish with slices of lemon, triangular *croutons*, and sprigs of parsley.

Ragout of Veal, Jardiniere.—A ragout is a culinary relish, originally intended to restore to a jaded palate a sense of due appreciation of food. The meat may be cut in pieces or served whole. A piece of the breast of veal is excellent for this purpose. Roll the meat, and tie it, put it in a stew-pan, and add just enough stock or broth to cover it. When it begins to boil, add such vegetables as are required; season with a part of a blade of mace, a sprig or two of dried herbs, the rind of a lemon, salt, and a small capsicum pod. Simmer two and a half hours; remove the meat, strain the liquid, and thicken it with a little brown flour; add a glass of sherry; pour the gravy over the meat, surround

it with a border of vegetables cut in neat, appetizing forms.

The commonplace ragout is more like a stew, and is usually served with irregular chunks of vegetables, without any thought of pleasing the eye or the palate.

Veal Croquettes with String-Beans.—Chop up two pounds of cold roast veal with two boiled sweet-breads; moisten them with a little clear soup, and bind together with yolks of two eggs; season with a teaspoonful of chopped parsley, salt, and cayenne; roll the mass into cones, dip them in beaten egg, roll in crumbs, dip again in egg, and again roll in crumbs, and fry in hot fat. Arrange neatly on a dish with small ends upright, around them put a border of string-beans boiled and nicely seasoned, and serve.

Veal Cutlet, à la Provencale.—Put into a frying-pan a tablespoonful of the best olive oil, add a clove of garlic, a teaspoonful of chopped shallot, and six raw mushrooms minced; toss them about a moment, and add part of a bay-leaf, a sprig of dry thyme, fifteen pepper-corns slightly bruised, a small bit of mace, half a pint of soup-stock or gravy, and a gill of sherry. Simmer half an hour, remove the garlic, add a gill more of stock, and strain the sauce through

a sieve. Return to the range, and add half a pint of solid tomato pulp ; heat through, and just when pouring over the cutlets add a little lemon-juice and salt. The sauce being made, the cutlets may be broiled, fried plain, or sautéed.

Veal Cutlet Broiled, with Sorrel.—Select a cutlet from the thick part of the leg ; cut it in two-inch square pieces ; beat them a moment ; brush over them a little sweet olive oil, and broil over a charcoal fire if possible, as the gas from hard coal toughens the meat. When done, dip the pieces in a mixture of melted butter, lemon-juice, salt, and pepper. Put in the centre of a dish a mound of sorrel purée ; arrange the meat around it, and serve. The sorrel is prepared as follows ;—Wash two quarts of freshly gathered garden sorrel, remove the midribs or stems ; add just water enough to prevent burning (say half a pint), cover, and boil half an hour ; drain, and squeeze out all moisture. Fry one-quarter of an onion until brown, dust over it half a teaspoonful of flour ; add half a gill of gravy and a square of sugar ; add the sorrel ; season with salt and pepper ; warm it through, and stir it continually. Let this part of the process continue ten minutes, and then rub the sorrel through a fine sieve.

Veal Cutlet, German Style.—German gentlewomen, as a class, are excellent cooks, and are more successful with veal than even our celebrated *chefs*. Their mode of preparing cutlets is as follows ;—Select the cutlets from the leg, divide each slice in pieces about three inches square, and beat them until the meat is almost ready to fall apart. Beat the yolks of eggs thoroughly, and season them with salt and pepper ; dip the pieces of meat in this, then roll them in finely-grated crumbs of home-made bread ; drop them in smoking hot fat, and fry to a dark brown color. Rub a hot side-dish with a clove of garlic, put the cutlets on it, and serve, plain or with sorrel, spinach, or tomato sauce.

Veal Cutlet, Sauté, with Purée of Carrots.—Select a cutlet from the thick part of the leg, beat it with a bat, and brown it in a little hot butter. Boil a dozen, two-inch young carrots for half an hour in water slightly salted ; mash them fine, rub them through a seive, and season with salt, pepper, and two ounces of butter. Cover the bottom of a hot dish with the carrot-purée ; place the cutlets on top, and serve.

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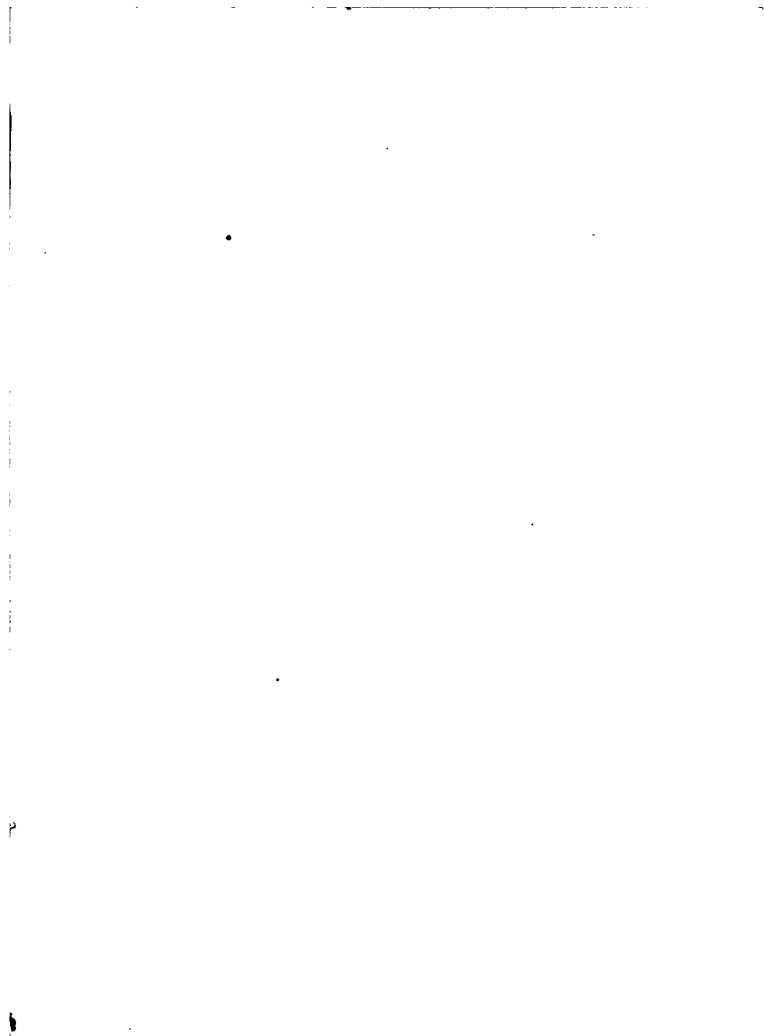
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